



MILWAUKEE COUNTY TOTAL HEALTH NEWSLETTER

BROUGHT TO YOU BY RISK MANAGEMENT IN PARTNERSHIP WITH WELLNESS



ED. 7 / 2ND QUARTER 2017

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BE COOL BEWARE OF HEAT STRESS

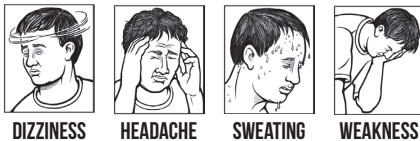


Heat and humidity can cause several different types of heat-related illnesses such as heat cramps, heat exhaustion and heat stroke. Knowing the signs and symptoms of each type of heat-related illness will help to keep you safe on the job. Normally, the body has ways of keeping itself cool by allowing heat to escape through the skin and evaporating sweat (perspiration).

other words, how hot it actually feels outside. The human body normally cools itself through perspiration (or sweating), when the water in sweat evaporates and carries heat away from the body.

However, when the relative humidity is high, the evaporation rate of the water is reduced. This means that heat is removed from the body at a lower rate, causing it to retain more heat than it would in dry air. The heat index is important to know especially when doing physical work outdoors, as higher combinations of heat and humidity can make the body more susceptible to heat-related illnesses.

HEAT EXHAUSTION SYMPTOMS



DIZZINESS

HEADACHE

SWEATING

WEAKNESS



CRAMPING

NAUSEA/
VOMITING

RAPID
HEARTBEAT

TYPES OF HEAT-RELATED EMERGENCIES

These are three types of heat-related emergencies:

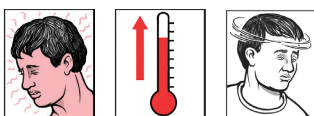
- » **Heat Cramps** are muscular pains and spasms caused by heavy exertion. This is generally the result of a loss of water and salt through sweating.
- » **Heat Exhaustion** is caused by fluid loss and decreased blood flow to your vital organs. This condition can produce flu-like symptoms.
- » **Heat Stroke** is the most serious heat-related emergency and occurs when the body's internal cooling system has failed. This is a life-threatening condition requiring immediate and aggressive action.

PREVENTING HEAT RELATED EMERGENCIES

Know the signs and symptoms of the various types of heat-related illnesses. Take time to monitor yourself and be aware of your co-workers.

If working outdoors, avoid long periods of direct sunlight. Use cooling fans to keep air circulating around your body. This helps aid your natural cooling process. Wear lightweight, light-colored and loose-fitting clothes when working in warm and humid environments. Drink primarily non-caffeinated fluids. Caffeine actually works against you because it is a diuretic and will cause you to lose more fluids than you are ingesting. Drinking water or other electrolyte products are best. Never wait until you feel thirsty to start hydrating – you are well on your way to becoming dehydrated when you feel thirsty. It is critical to your overall health to stay properly hydrated, especially when working in hot and humid environments.

HEAT STROKE SYMPTOMS



HOT SKIN

HIGH
TEMPERATURE

CONFUSION



CONVULSIONS

FAINING

THE HEAT INDEX

The heat index is a method that combines air temperature and relative humidity to determine an apparent temperature or in



2017 - 1ST QUARTER WINNER



STACIE BOCKHEIM
MILWAUKEE COUNTY ZOO

THE FIND	THE FIX
After removing a tree at Oak Creek Parkway, deep holes in the ground were noticed.	Holes were filled with wood chippings.
SAFETY HAZARD / PROPERTY ISSUE PREVENTED	
Trip and fall hazard from large holes left after tree removal.	
PRIZE Championship Golf Coupons	SUPERVISOR: Craig Berg PRIZE: Championship Golf Coupons

The Find It - Fix It Program is a safety and property incentive program that is currently available to all Milwaukee County employees. The program details can be found below. Additionally, a recorded presentation and entry cards can be found on the Milwaukee County Risk Management web page (<http://county.milwaukee.gov/Risk/FindItFixIt>). Disclaimer: Your personal welfare comes first! If you cannot safely and easily resolve the issue on your own, please DO NOT attempt to do so. When in doubt, always take the cautious approach and bring the issue to management's attention.

HEAT STRESS: QUIZ

NAME: _____ CLOCK #: _____

DATE: _____ DPT: _____

Circle the Correct Answer

1. T F Wearing thick, dark fabrics protects your skin from excessive heating in the sun.
2. T F High humidity is dangerous because it limits the amount of heat escaping the body.
3. T F Heat exhaustion is the most serious heat-related illness.
4. T F Drink water frequently, even if you are not thirsty.
5. T F Caffeine helps hydrate the body.

Please complete and detach this quiz to enter to win a prize. Winners are chosen at random from all submissions. Send responses to Courthouse - Risk Management (Rm. 302) or scan and send to totalhealth@milwaukeecountywi.gov.

CONGRATULATIONS TO LAST EDITION'S QUIZ DRAWING WINNERS!



MICHELLE KNUDTEN
District Attorney's Office
Prize: Domes Coupons



KHAMPHANH BOUAKONGXAYA
Department on Aging
Prize: Nite-Glow Golf Coupons



JAMES CARROLL
Corporation Counsel
Prize: Zoo Coupons

DON'T GET BURNED! HOW TO PROTECT YOUR BODY FROM SUN DAMAGE

Sunburn doesn't just cause pain and redness. It can also have immediate dangers and long-term effects. Learn the risks and find out how to protect yourself.

Between the beach, the pool and the weekend cookouts, you may be having too much fun to worry about sunburn - until that telltale stinging and redness set in. Sunburn isn't just painful - it's also bad for your health.

THE DANGERS OF SUNBURN

The sun's rays contain two types of ultraviolet light. Ultraviolet A (UVA) causes tanning, aging skin and wrinkles. Ultraviolet B (UVB) causes sunburn. Both can cause skin cancer. You can burn on sunny days, cloudy days and cold days. The white sand on the beach and the white snow of winter both reflect the sun's rays. You can burn whether you're skiing on water or snow.

Signs of sunburn are redness and pain. You may also have swelling and blistering. Get medical attention right away if you have a severe burn that covers your body, or if you have chills, vomiting, an upset stomach or confusion.

LONG-TERM EFFECTS

Every time you tan or burn, DNA damage builds up in the deeper levels of your skin. Having five or more burns over a lifetime - even in childhood - doubles your chances of getting skin cancer.

Other side effects of tanning and burning include premature wrinkles and age (pigment) spots. Over time the sun can age your skin, making it tough and leathery.

Remember that your eyes can burn, too. Too much sun can burn your corneas and lead to various eye diseases, including cataracts and age-related macular degeneration. It can even cause blindness.

THE TRUTH ABOUT SUNSCREEN

Wearing sunscreen doesn't always keep you from burning. No sunscreen can completely protect you from UV rays.

A sunscreen labeled "waterproof" or "water resistant" will not protect you all day. When you swim or sweat, reapply your sunscreen. Waterproof sunscreens last about 80 minutes in the water. Those labeled "water resistant" last about 40 minutes.

THE UV INDEX

Your local news may broadcast daily heat index reports. The higher the index, the less time it will take to burn. Here is your risk for overexposure to the damaging UV rays. The number indicates the daily UV index, followed by the degree of risk. The higher the index on a given day, the greater the need to protect yourself.

- » 0-2: low
- » 3-4: moderate
- » 5-6: high
- » 7-10: very high
- » 11+: extreme

PREVENTING SUNBURN

Follow these prevention tips:

- » Use only water-resistant or waterproof sunscreen. It should protect against both UVA and UVB rays and have an SPF of at least 15. Reapply every two hours and after swimming or sweating.
- » Wear protective clothing when possible. Always include a hat and sunglasses.
- » Limit sun exposure between 10 a.m. and 4 p.m. This is when UV rays are strongest. If your shadow is shorter than you are, get out of the sun.
- » Keep children in the shade and in protective clothing. If shade or protective clothing are not available, apply a minimal amount of sunscreen with at least an SPF of 15 to small areas like the cheeks and backs of the hands. If a child under age 1 gets sunburn, apply cool compresses and call your pediatrician right away. Also call if an older child has a sunburn with fever, blistering, severe pain or lethargy.
- » Be aware that water, snow and sand all reflect UV rays and increase your chances for sunburn.

TREATMENT

Cool wet compresses, lotions and baths may help relieve sunburn pain. For serious burns, call your doctor. Medication may prevent infection and help with the swelling and pain.